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MEAT FLAVOR FOR APPETITE APPEAL

Because meat flavor has so much appetite appeal, every cook is interested in making the most of it. Many sauces, stuffings, cereals, and vegetables will carry the taste of meat and thus make successful and inexpensive flavor-stretchers.

When you have left-over cooked meat, sauces are good "stretchers." Diced or chopped cooked meat combines well with such familiar and inexpensive sauces as gravy, white or brown sauce, and tomato sauce. For meat with a decided flavor, like ham or dried beef, white sauce is a good stretcher. For meat that lacks flavor, gravy or tomato sauce might be used. For extra seasoning in these sauces, there are flavorful vegetables like chopped onion or green pepper, minced parsley or celery leaves.

Other vegetables that combine well with meat are corrots, turnips, okra, beans of all kinds, green peas, mushrooms, and potatoes. Often you can develop extra flavor in a meat and vegetable mixture by first browning the ingredients in fat. Meat browned in fat makes a richer, more flavorful stew, pot roast, meat pie or hash. The same is true of such seasoning vegetables as onions, celery, carrots, and green pepper. Browning in fat will add flavor even to the bread crumbs used in meat stuffing.

Bread-crumb stuffing makes a good stretcher for many inexpensive cuts of meat. Shoulder roasts of veal and lamb are more convenient to

carve and go farther if stuffing replaces the bone. A flank steak will make a good main dish for the family if it is stuffed and braised. Small pieces of veal stuffed and braised make delicious and inexpensive "veal birds."

When one has a small quantity of meat to use, rice, hominy, or whole wheat, or cereal foods like spaghetti, noodles, or macaroni will help out. They may be combined either with chopped meat for hash or with meat and gravy.

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